

CLAIMS

What is claimed is:

1. A modular furniture system comprising:

a first module that encloses provided exercise equipment;

a second module that encloses provided computer equipment; and

at least one orifice in each module for passage of provided cabling

5 between the modules.

2. The modular furniture system of claim 1, wherein at least one of the first and second modules comprises an interior wall that provides support for at least one shelf for supporting the respective equipment and defines a pocket for stowing a door, the door for enclosing the respective equipment within the at least one of first and second modules.

3. The modular furniture system according to claim 1, wherein there are two exercise modules each configured to house deployable exercise equipment and one computer module, and further comprising a support for supporting a provided peripheral coupled to the computer equipment in the computer module, wherein the support is
5 located to position the peripheral to be viewable by a user located on deployed exercise equipment of either one of the two exercise modules.

4. The modular furniture system according to claim 3, wherein the support comprises a pedestal table having a work surface.

5. The modular furniture system according to claim 1, wherein the first module includes a pivot for supporting an exercise bench.

6. The modular furniture system according to claim 1, wherein the first module includes a pivot for supporting a treadmill.

7. The modular furniture system according to claim 5, further comprising rails disposed in the first module for stowing barbells.

8. The modular furniture system according to claim 6, further comprising rails disposed in the first module for stowing barbells.

9. The modular furniture system according to claim 2, wherein each module includes at least one orifice in an interior portion thereof, that serves as a longitudinal cable passage.

10. A computer assisted exercise system comprising:
a workstation portion including computer equipment operative to perform home/office computing tasks;

a workout portion comprising deployable exercise equipment, and a computer peripheral coupled to the computer equipment of the workstation portion by a link; wherein the workstation portion and workout portion are housed in at least one enclosure, the at least one enclosure having doors that in a first position, obscure the computer equipment and exercise equipment from view, and in a second position, facilitate use of the deployable exercise equipment.

11. The computer assisted exercise system according to claim 10, wherein the

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workstation portion and the workout portion are housed in separate enclosures having respective cabling passages for the link.

12. The computer assisted exercise system according to claim 10, wherein there are two enclosures and a support surface that supports a provided monitoring device.

13. The computer assisted exercise system according to claim 12, wherein the two enclosures are positioned back to back, and wherein the support surface extends from a side thereof.

14. The computer assisted exercise system according to claim 10, wherein there are at least two enclosures each having a base with at least one opening therein to facilitate cabling between enclosures.

15. The computer assisted exercise system according to claim 14, wherein each enclosure further comprises an internal opening to facilitate cabling inside the enclosure.

16. The computer assisted exercise system according to claim 10, wherein both the workstation and workout portions include video monitors, at least one of which includes a graphic user interface.

17. The computer assisted exercise system according to claim 15, wherein the at least one enclosure includes a plurality of shelves and a plurality of barbell rails disposed therein.

18. The computer assisted exercise system according to claim 16, further comprising a video camera for monitoring an exercise routine disposed in the at least

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one enclosure.

19. A method of computer assisted exercising comprising:

- deploying exercise equipment from a modular furniture system;
- establishing an Internet connection via computer equipment of the modular furniture system;
- 5 obtaining information for controlling the deployed exercise equipment;
- obtaining information for monitoring personal effects of exercise;
- obtaining information for the purpose of at least one of entertainment, coaching, and/or teleconferencing; and
- performing exercise by use of the deployed exercise equipment in accordance with the obtained information.

20. The method of exercising according to claim 19, further comprising, providing information relating to physical status of an exerciser for evaluation.

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